

## QUESTION:

Is magnesium in a organic and an inorganic form. If so which form of magnesium is healthier to consume. Please advise me as to what type of magnesium I should be consuming and then what amount and what form and fashion. I am a 70 Year old male and I weigh 150 pounds and live in the United States.

## ANSWER:

Yes, magnesium can be found in both organic and inorganic forms. Organic magnesium is typically bound to an organic molecule such as an amino acid or a protein, while inorganic magnesium is not bound to any organic molecule.

In terms of which form of magnesium is healthier to consume, it's generally believed that organic forms are more easily absorbed and utilized by the body. A few examples of commonly used organic forms of magnesium include magnesium glycinate, magnesium citrate, and magnesium taurate.

In terms of how much magnesium you should be consuming, the recommended daily intake for magnesium is around 400-420 mg for adult men. However, this amount can vary depending on factors such as age, health status, and medication use. It's always a good idea to consult with a healthcare professional to determine the appropriate amount of magnesium for your individual needs.

As for the form and fashion of magnesium supplementation, this can also depend on individual preferences and needs. Some people prefer to take magnesium supplements in capsule or tablet form, while others may prefer to use topical magnesium oil or epsom salt baths. It's important to choose a reputable brand and follow the dosage instructions carefully.

Overall, magnesium is an important mineral for overall health and wellbeing, and consuming adequate amounts through a healthy diet and/or supplementation can be beneficial.